



# Thüringen Pokal 2017 und TRL

Heyda / 09.09.2017

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Müller, Jörg

□□: USV Jena

□□□: 39:26

□□□□: 11:15 min/km

□□: 3.50 km / 11 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 6(of 8)

□□□□□□: 31:00

□□: 8:26

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (57)	3:27	3	0:28	15.6	3:27	3	0:28	15.6
2 (38)	1:22	2	0:04	5.1	4:49	3	0:23	8.7
3 (36)	7:23	8	3:08	73.7	12:12	7	3:28	39.7
4 (35)	5:21	5	1:23	34.9	17:33	6	4:51	38.2
5 (50)	3:38	4	0:27	14.1	21:11	6	5:11	32.4
6 (34)	2:00	4	0:13	12.2	23:11	6	5:00	27.5
7 (42)	3:05	4	0:18	10.8	26:16	5	5:06	24.1
8 (39)	1:14	4	0:13	21.3	27:30	4	5:11	23.2
9 (40)	5:00	4	1:27	40.9	32:30	5	5:36	20.8
10 (49)	4:37	8	2:43	143.0	37:07	6	8:09	28.1
11 (99)	1:37	4	0:38	64.4	38:44	6	8:17	27.2
□□	0:42	4	0:09	27.3	39:26	6	8:26	27.2